

**MacLeod Diabetes & Endocrine Centre  
Royal Devon & Exeter Hospital**

**Diabetes and driving  
Who needs to do what?**

**Obvious caveat! This is only about diabetes treatment. Drivers must notify DVLA for other problems, e.g. visual loss, amputation, epilepsy etc.**

**Please also read DVLA guidance.** No contradiction of DVLA advice is intended; if you find a contradiction then assume DVLA advice to be correct, and let us know. We are happy to discuss.

Group 1 licences are normal licences for motor cars and motor cycles. Group 2 includes:

- Large lorries (category C) and buses (category D).
- Medium-sized lorries of 3.5 to 7.5 tonnes (category C1). Includes larger mobile homes.
- Vehicles such as minibuses or people carriers with 9-16 seats (category D1).

Any previous licence is revoked on starting insulin. When re-applying for C1 or D1, the medical standards for Group 2 must be met. This applies only to the medical assessment – it does not mean that an insulin-treated driver with a mobile home needs to learn to drive HGV vehicles.

Diabetes treatment	Group 1	Group 2
<b>Diet alone</b>	No need to notify DVLA. No need to monitor blood.	No need to notify DVLA. No need to monitor blood.
<b>Tablets - low hypo risk</b> (metformin, pioglitazone, gliptins, SGLT2 gliflozins) <b>Non-insulin injections</b> (exenatide, liraglutide etc)	No need to notify DVLA. No need to monitor blood.	Must notify DVLA, but expect to be licensed. No requirement to monitor blood.
<b>Tablets - hypo risk</b> (sulphonylureas, repaglinide, nateglinide).	No need to notify DVLA if no more than one severe hypo in last 12 months.	Must notify DVLA. Expect licence if: <ul style="list-style-type: none"> <li>• No severe hypos in last year</li> <li>• Full hypo awareness</li> <li>• Blood tests twice daily, plus when driving</li> <li>• Understands hypos.</li> </ul>
<b>Insulin</b>	Must notify DVLA. Expect to be licensed if: <ul style="list-style-type: none"> <li>• Good hypo warning</li> <li>• No more than one severe hypo in last year</li> <li>• Appropriate blood testing</li> </ul>	Must notify DVLA. Requires assessment by independent specialist. Expect to be licensed if: <ul style="list-style-type: none"> <li>• No severe hypos in last year</li> <li>• Full hypo warning</li> <li>• Blood testing at least twice daily, plus when driving</li> <li>• 3 months of blood glucose data reviewed by specialist</li> <li>• Good understanding of hypos</li> </ul>